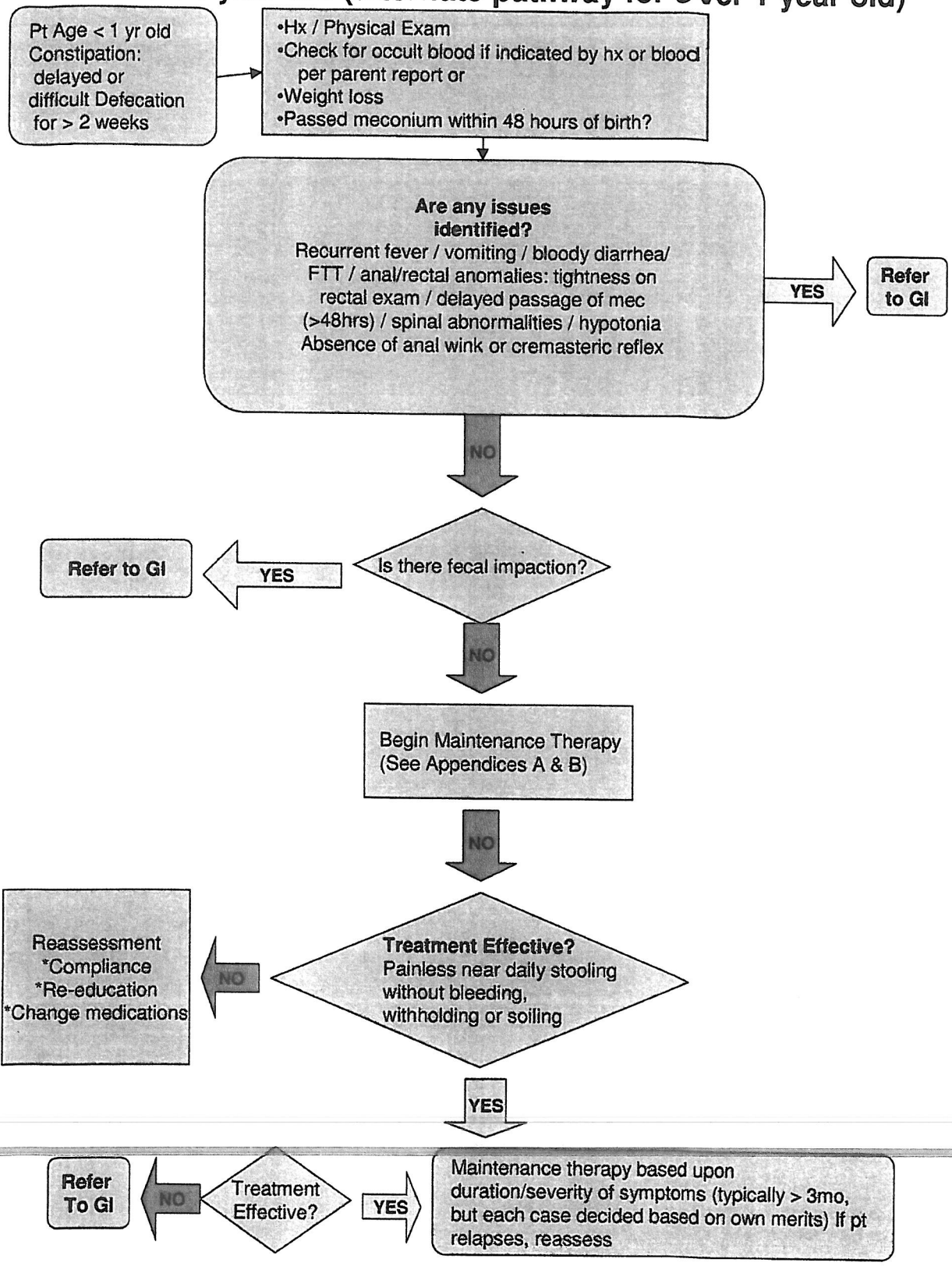
Constipation Initial Evaluation/Treatment
Patient < 1 year old (alternate pathway for over 1 year old)



Constipation < 1 year Appendices

APPENDIX A:
Functional constipation without impaction treatment:
Education: What is constipation, sequelae of constipation (handouts for parents at http://www.naspghan.org/user-assets/Documents/pdf/diseaseInfo/2008%20Revisions/Constipation%20-%20Reviewed%20August%202008.pdf)
Education: What is constipation, sequelae of constipation
Diet: Increase fluid (maintain fluid for weight plus 10-20% of clear fluids and /or dilute fruit juice). Consider prune juice, 2-4 ounce per day.
Dairy: Assess pts current intake and assure minimum requirements (if intake exceeds RDA, decrease intake).
Oral Meds: Glycerin suppository, Lactulose, Senekot (see addendum B)
Close follow-up: Parent monitors stool, notify Pediatrician if diarrhea or no stool >3days or questions

APPENDIX B: MEDICATIONS
First Line (per physician choice and familiarity)

Glycerine suppository 1/2-1 per rectum qd prn discomfort, if frequent use consider adding lactulose or senekot
Lactulose (10g/15ml): 1ml/kg/day in divided doses (osmotic agent)
Senekot:. Start at 2.5 ml daily and increase to twice per day if no response in 7 – 10 days. (syrup 8.8 mg/5 ml) (stimulant laxative)

Children's Physicians Medical Group